How to deal with
RACIST UNCLE BOB
this holiday season

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Toronto metro

Protecting, preserving and revitalizing Indigenous languages
metroNEWS

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WEDNESDAY, DECEMBER 7, 2016 High 0°C/Low -3°C Cloudy

Toronto hardest on Syrian refugees

RESETTLEMENT EFFORT

Toughest city in Canada to settle, in part because of high housing costs

Gilbert Ngabo
Metro | Toronto

A new Senate report shows Syrian newcomers who settled in Toronto are facing more challenges than in other parts of the country.

The report from the Senate Committee on Human Rights is a result of six months of extensive meetings and discussions with Syrians, refugee resettlement services and healthcare providers in Toronto, Ottawa and Montreal. It comes as the federal government gears up to cut off assistance to thousands of Syrian refugees who've been here for a year.

While the senators commend Canada's efforts in welcoming and helping refugees integrate, the tour showed that resettlement efforts are far from being considered a "complete success." In fact, the report notes the sense of relief and joy refugees feel "is declining."

Finding affordable housing is one of the biggest challenges, and nowhere is the problem more acute than in Toronto. "We met a person in Toronto who's spending $1,200 of the $1,400 monthly government stipend on rent," said Salma Ataullahjan, a senator from Toronto and a member of the committee. "How do you expect that person to live?"

Efforts of Syrians trying to find jobs and sustain themselves are further hampered by poor English. Government-run ESL classes haven't been able to adequately respond to the need as some people are spending eight to 10 months on waiting lists, the report shows.

Ontario has received more than 14,000 Syrian refugees since last year. 5,500 adults have taken ESL classes and about 4,600 children have enrolled in schools. But attending English classes is especially hard for women, who can't find child-care services to allow them free time, the report says.

The senators' findings on mental health issues echo those already articulated by healthcare providers in Toronto: There's a lack of qualified psychiatrists with cultural understanding to handle the acute cases of PTSD most refugees present.

Ataullahjan recounted one story of a child who hides toys under his bed for fear soldiers will come and take them away. Parents, meanwhile, are unable to shake off images of their kids being killed in the war.

"The levels of stress and anxiety were very clear among the Syrians we met," said Ataullahjan. "What we're seeing now is a tip of iceberg. It's only going to get worse."

SENATE SUGGESTS

- Increased federal funding for refugee language training. Classes should start immediately upon arrival and child care should be provide to parents.
- Developing a plan to address mental health needs with culturally appropriate interventions.

DOGS *on* DOPE

Toronto dog owners embracing canine cannabis. Vets say: 'Hang on a minute!'

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metro NEWS
Your essential daily news

Social media firms team up to identify and stop the spread of terror propaganda. **World**

Shut it, Uncle Bob

A Toronto equity educator is running a workshop to help address those awkward conversations common at many holiday family gatherings

Gilbert Ngabo
Metro | Toronto

You know that awkward feeling when a family member won't stop spitting veiled racist, sexist or homophobic remarks at a family gathering?

Rania El Mugammar certainly does.

"There's one in my extended family," said El Mugammar of a relative who has the habit of saying racist things. "And he'll follow up with, 'Oh, but you're not like those other black people.'

"It's just terrible."

The Toronto equity and anti-oppression educator has taken steps to confront the relative, but worries others might just look the other way and let such behaviour go unchecked.

"People are very sensitive about their families and afraid to disrupt the mood when prejudice and racial stereotypes happen. That's not really OK," El Mugammar said.

That's why she's organizing a workshop this weekend designed to teach people how to address the issue as the season that's built on families coming together nears.

Aptly named Shut It Uncle Bob, the workshop will give tips on how to navigate hate at the family table without being rude — or breaking down relationships.

The key, said El Mugammar, is to speak up but avoid appearing perfect in the face of others.

"You have to think of it as a seed-planting moment," she said. "You're only contributing to that person's learning journey, so you don't necessarily have to preach because that can lead to people being defensive."

Shut It Uncle Bob takes place at 4 p.m. Sunday at CSI Regent Park, 585 Dundas St. E. More information can be found at: universe.com/shutitunclebob

Rania El Mugammar
CONTRIBUTED

How to handle racism

Metro asked Rania El Mugammar for help navigating some specific 'Uncle Bob' moments.

Uncle Bob says: 'All lives matter.'

Typically people react that way to Black Lives Matter because they think it means other lives don't matter. The person needs to be given context, El Mugammar said, on how black people are more likely to be stopped by police, incarcerated or economically marginalized. Approach the person with empathy because they may be ignorant, El Mugammar said. But, remember, if you don't say anything, you're being complacent with their ignorance.

Uncle Bob says: 'Donald Trump is not racist.'

If someone in your family believes that, you have to show them consistent evidence where the person in question exhibited racism or said racist things, El Mugammar said. It could also help to explain that even if the person mentioned doesn't seem to believe the things they say, they have emboldened other people who are racist and homophobic and transphobic.

Uncle Bob says: 'Asians are really good at math.'

Although that assertion can be seen as a positive thing, it's flat out wrong. There's no scientific evidence to prove the point, and it's derogatory to Asians who are not good at math or non-Asians who are good at it, El Mugammar said.

Uncle Bob says: 'I'm not racist because my daughter is dating a guy from Pakistan.'

Proximity to someone from a different race doesn't prove you're not racist. To fight against racism you have to challenge the behaviour, not the person, El Mugammar said.

ISTOCK

Critics: Tory budget unfair, unsustainable

CITY HALL

Big property tax hike not needed to close the gap, says Crawford

Mayor John Tory's chosen a path to balance his third budget that will push the city's cash crisis off until next year.

On Tuesday, city staff presented an unbalanced operating budget for the third year in a row. Despite a proposed two per cent property tax increase, there is still a $91 million gap.

While Mayor John Tory and allies have assured the current gap can be closed without increasing property taxes, council critics have noted the actual gap is more than double that amount — creating a budget that is both unsustainable and unfair to the city's most vulnerable.

Tory-appointed budget chief Coun. Gary Crawford said he fundamentally rejects the need to substantially raise property taxes.

"Bottom line: We're saving the taxpayers money," Crawford told reporters, noting reductions in spending that total $177 million for next year. "We're doing this so we can keep the city affordable for residents and will also maintain our commitment to invest in priorities."

Coun. Gord Perks, who has been one of Tory's most vocal critics, called it "the single most unfair budget in the history of Toronto."

Perks said the city should be considering property tax increases to put Toronto more in line with other GTA municipalities. The city currently has the lowest residential property tax rates in Ontario.

"The people who win in this budget are the people who own multi-million dollar homes," Perks said. "The people who lose are the people who ride public transit, live in Toronto Community Housing, rely on daycare or live in neighbourhoods and simply want the basic services."

Coun. Gary Crawford, Toronto's budget chief, has rejected substantially raising property taxes. TORSTAR NEWS SERVICE

As proposed, the budget includes cuts to services like parks maintenance and 425 fewer city staff positions, many of which were already unfilled.

TORSTAR NEWS SERVICE

TORONTO'S DEADLY STREETS

Elderly woman killed, 20 pedestrians injured

Luke Simcoe
Metro | Toronto

An elderly woman was killed crossing the road near Bathurst Street and Sheppard Avenue on Tuesday morning, at the beginning of a particularly dangerous day for pedestrians in Toronto.

According to police, the woman was hit by a driver on Bathurst about 7:15 a.m. Pictures from the scene showed a walker and a single shoe remaining on the roadway.

43

By Metro's tally, 43 pedestrians have been killed on city streets this year.

By Metro's count, the woman is the 43rd pedestrian killed on city streets so far this year. Last year, 38 pedestrians died.

According to Toronto police Twitter accounts, at least 20 other pedestrians were hit and injured Tuesday, including a wheelchair user struck at Wellesley and Bleeker streets around noon. A cyclist also received minor injuries after being hit near King and Spadina.

This has been the most deadly year for vulnerable road users — including pedestrians and cyclists — since 2003.

PROVINCIAL POLITICS

PC leader asks Wynne to halt Tory's tolls

Progressive Conservative Leader Patrick Brown wants Premier Kathleen Wynne to put up a roadblock on Mayor John Tory's plan to toll the Don Valley Parkway and the Gardiner Expressway.

But Wynne said Queen's Park has no plan to "take unilateral action against the City of Toronto" by rejecting the mayor's road pricing proposal before it has been formally submitted for provincial approval.

"Families can't afford this new toll tax," Brown told reporters.

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The annual Christmas market in the Distillery District and a plethora of skating rinks are examples of how Toronto has embraced the winter season. However, fans of the cold and snow say Toronto still has work to do. PHOTOS: EDUARDO LIMA/METRO

Why T.O. should be a 'Winter City'

WEATHER

Hogtown fails to welcome ice and snow like Oslo, Edmonton

Luke Simcoe
Metro | Toronto

Toronto's Christmas markets help with welcoming winter.

Call it all-season urbanism.

As winter finally begins its descent on Toronto, a growing number of advocates urbanists and residents are calling on the city to welcome the snow and cold with open — albeit appropriately clothed — arms.

"If we can get ourselves into a collective attitude of embracing the winter, then the sky's the limit in terms of what we can do," says Natalie Brown, a program manager at Toronto non-profit Park People.

Brown has been researching how other cities keep their cool during the winter, and says Toronto still has a lot to learn.

In Norway and other Scandinavian countries, for example, some cities have installed cross-country ski lanes alongside major roadways. They're affectionately referred to as "whites of way" and supported by public ski storage lockers downtown.

Closer to home, Edmonton launched its comprehensive WinterCity strategy in 2012. The city offers blankets and seat cushions to restaurants to help them keep patios open year-round and even boasts a few heated bus shelters to encourage people to walk or take transit.

Susan Holdsworth, Edmonton's WinterCity co-ordinator, says the program has led to a "culture shift."

"There's definitely less hibernating going on in the winter," she said. "We've made it easier for people to go play outside."

Edmonton is also preparing a set of winter design guidelines, which examine the link between architecture and winter weather.

"The way you design a building has a huge impact on how it feels to be on the street in front of it," Holdsworth said. "We can actually design out windchill."

Brown would love to see Toronto follow Edmonton's lead — especially in terms of design — but said not every winter-friendly idea has to be so ambitious.

"It's just about creating reasons for people to be outside," she said. "It can be as simple as having a local café donate some hot chocolate and having a skating party in the park."

One local team is already working toward building a bit of a winter wonderland.

Ken Greenberg, Toronto's former head of urban design and one of the people working on the Bentway project, said winter activities have been a "driving force" behind designing installations and programming for the 1.75-kilometre park underneath the Gardiner Expressway.

There are plans for everything from hot chocolate vendors to a 450-metre ice skating loop.

There's no doubt "we've gotten over the idea that we have to retreat into tunnels and disappear for the winter," Greenberg said.

+ WEST POSITIVITY

As part of its WinterCity initiative, the City of Edmonton has asked local meteorologists to report winter weather in a more positive way. "Rather than tell people to 'hunker down,' it can be more like 'yay, snow is coming,'" said program co-ordinator Susan Holdsworth.

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SCHOOLS

Police investigate fight caught on video

A parent is on the ground in one of the videos. SCREENSHOT

The parent of a Cardinal Carter Catholic High School student was severely beaten Friday afternoon, and four students have now been "asked to stay home," while police investigate.

The York Catholic District School Board confirmed the incident Tuesday after two videos of it surfaced online.

Both the board and York Regional Police are searching for witnesses to the Dec. 2 fight between a student from Cardinal Carter and another from St. Theresa Lisieux Catholic High School, which police believe occurred around 3 p.m. in Oak Ridges.

A video posted on Twitter shows two students throwing rapid punches in an open, grassy area. An older man enters the shot, but does not stop the fighting. He then punches another person who is watching the fight. A person narrating the video suggests that the man is a parent of one of the two students fighting.

The video circulated privately via text message and Snapchat among the high school community in York Region for three days before becoming public when a teen posted it to Twitter on Monday.

The YCDSB is conducting its own investigation, board spokesperson Sonia Gallo said, and four students from Cardinal Carter have been "asked to stay at home" until the investigation is complete. TORSTAR NEWS SERVICE

The Team Carroll hat, worn here by **Cory Joseph**, was designed by DeMarre Carroll and Joseph. Sales will support the Carroll Family Foundation. CONTRIBUTED

Raps hats for a cause

Supporting more than just the home team

Gilbert Ngabo
Metro | Toronto

In between shooting hoops, the Toronto Raptors have been busy designing their very own hats — all in the name of charity and thanking their fan base.

Players split themselves into four groups to produce a new collection of caps, which were unveiled Tuesday.

The hats costs $60 each and are available at Real Sports Apparel. Half of the proceeds go to the MLSE Foundation with the rest going to a charity chosen by each team of designers. A similar effort last year raised $40,000.

Team DeRozan
Designed by DeMar DeRozan, Bruno Caboclo, Pascal Siakam and Fred VanVleet
Charity: Lupus Canada

Team Patterson
Designed by Patrick Patterson and Lucas Nogueira
Charity: SickKids

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Designed by Norman Powell, Jared Sullinger, Jakob Poeltl and Delon Wright
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Opioids linked to deaths

CRISIS

Increase in overdoses tied to drugs like fentanyl

May Warren
Metro | Toronto

The Toronto Board of Health is developing a multi-pronged plan to combat rising drug overdoses in the city.

Overdose deaths in the city have spiked 77 per cent in a decade, to 258 in 2014 from 146 in 2004. The deaths have been driven by the rise of opioids like fentanyl and heroin, according to the Board of Health.

The board plans to improve monitoring of places where overdoses occur and ease access to naloxone, an antidote.

Coun. Joe Cressy, chair of Toronto's drug strategy, wants to see drugs brought into supervised injection sites tested.

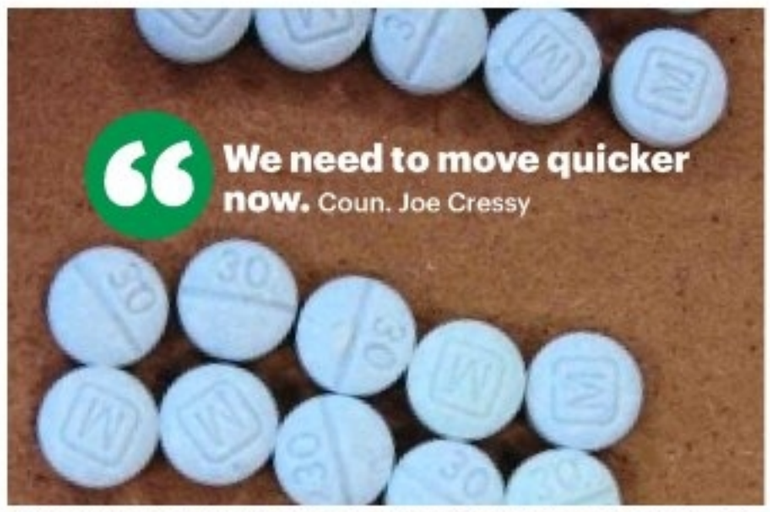
"We have a rapidly escalating overdose crisis facing the City of Toronto, the province and Canada," Cressy told Metro.

Traces of fentanyl, which can be deadly in very small doses, are turning up in other drugs and many users don't know exactly what they're taking, Cressy said.

The issue received national attention earlier this year when a Kamloops B.C, man died after overdosing on cocaine laced with fentanyl at a wedding.

"If we are going to prevent the scale of an overdose crisis we've seen in western Canada, we need to move quicker now," said Cressy.

City council has approved three supervised injection sites but is waiting for federal approval and provincial funding.



An increase in drug overdose deaths in Toronto has been tied to opioids like fentanyl. THE ASSOCIATED PRESS

ISLAMOPHOBIA

Student union issues apology for video

Current and former councillors of the union that represents 5,000 students at the University of St. Michael's College are apologizing for their part in videos criticized as Islamophobic.

In one, originally posted to Snapchat and later to Twitter and Facebook, former St. Michael's College Student Union councillor Sara Gonsalves is seen reading from the book Islam for Dummies at a party.

In another, she is seen singing and dancing to the tune of Estelle's American Boy, substituting the lyrics "You'll be my Muslim boy."

A caption on the top of the photo reads "Islam edition."

In an email, Gonsalves said she is not racist and the videos do not reflect her beliefs.

"I actually have Muslim friends and family," she said. "There was no malice or ill intent because I am in no way, shape or form against Islam or any religion. I do not condone racism of any kind." TORSTAR NEWS SERVICE

RISK

Police find explosive device, man charged

A Toronto man is facing 15 drug- and weapon-related charges after police found an explosive device in a Scarborough home while executing a drug search warrant on Monday night.

Police detonated the device in an undisclosed location on Tuesday, after deploying a bomb robot to investigate a suspicious package in the house.

Toronto Police officers entered the home on Scarborough Gold Club Rd. near Lawrence Ave. E. around 7:30 p.m. on Monday.

They called in the bomb squad after finding the package in the garage.

Police evacuated neighbouring homes during the investigation.

There were no injuries.

Police said they also seized a handgun, a hunting rifle, hundreds of rounds of ammunition, drugs and money.

Police charged Robert Rochon, 26, with three drug charges involving cocaine, marijuana and oxycodone, 10 gun charges, possession of the proceeds of crime, and possession of an explosive substance to endanger life or to cause serious damage to property.

Rochon appeared in court at Old City Hall on Tuesday morning. TORSTAR NEWS SERVICE

‘Together and forever’

TRAGICALLY HIP

Indigenous leaders pay tribute to ailing Gord Downie

A frail-looking Gord Downie wept openly, wiping tears from his eyes, as indigenous leaders paid tribute to the ailing Tragically Hip frontman Tuesday for his efforts in forcing Canada to confront the legacy of residential schools.

Prime Minister Justin Trudeau stood nearby and watched as Downie, who has been diagnosed with a rare and incurable form of brain cancer, was honoured in a ceremony during the Assembly of First Nations special assembly in Gatineau, Que.

Trudeau, who has long championed a new relationship with Aboriginal Peoples, was there to unveil plans for an Indigenous Languages Act in hopes of preserving and revitalizing First Nations, Metis and Inuit languages in Canada.

Downie's Secret Path solo project honours 12-year-old Chanie Wenjack, who died in 1966 after running away from a residential school near Kenora, Ont. Proceeds from the album and graphic novel are being donated to the National Centre for Truth and Reconciliation at the University of Manitoba.

AFN Chief Perry Bellegarde is embraced by Tragically Hip frontman Gord Downie after a ceremony honouring Downie in Gatineau, Que., Tuesday. THE CANADIAN PRESS

During a solemn and touching ceremony, Downie was given an eagle feather and swaddled in a star blanket, and also showered in indigenous gifts such as moccasins and blankets. He was anointed the “Man Who Walks Among the Stars.”

In brief remarks, a visibly moved Downie acknowledged Canada's 150th anniversary celebrations next year, expressing the hope that the next 150 years will be better for all indigenous Canadians.

“It will take 150 years, or seven generations, to heal the wound of the residential school, to become a country that can truly call ourselves Canada. It means we must become one,” Downie said. THE CANADIAN PRESS

Trudeau introduces the Indigenous Languages Act

Prime Minister Justin Trudeau says the government will introduce an Indigenous Languages Act.

Trudeau made the announcement during a special assembly of First Nations leaders.

The act was co-developed with indigenous people and has the goal of preserving, protecting and revitalizing First Nations, Métis, and Inuit languages.

Trudeau says Canadians are working in unison to correct historical wrongs and to deal with the intergenerational trauma of indigenous people.

Trudeau remains under pressure from indigenous leaders to address the level of funding of child welfare services on reserves in the wake of a ruling from the Canadian Human Rights Tribunal.

THE CANADIAN PRESS

Edmonton police arrest hate crime suspect

Kevin Maimann
Metro | Edmonton

Edmonton police have arrested a man suspected of committing a hate crime at an LRT station.

On Nov. 8, a man allegedly approached two young women wearing hijabs, fashioned a noose in a rope he took from his pocket and said it was meant for them. Investigators said the man then sang O Canada in front of the women, who were waiting at the University of Alberta LRT station.

A hate crime charge is possible.

Many questioned why police reported the incident nearly a month later, but the University of Alberta contacted police about the incident weeks later, according to a spokesman.

Tory leadership hopeful posts #LockHerUp tweet

Colin McNeil
Metro | Toronto

Hours before the Conservative Party of Canada's second leadership debate on Tuesday, one PC hopeful found himself in hot water for a post on social media.

Brad Trost, a Saskatoon MP, tweeted “Wanted to be there w my friend @calxandr supporting Albertans would've chanted w them #cpcldr #LockHerUp.”

Trost was referring to “lock her up” chants heard at a rally attended by Chris Alexander, another Tory leadership candidate. The “her” was Alberta premier Rachel Notley.

Some were quick to point out Trost's comments come on Canada's National Day of Remembrance and Action on Violence Against Women, marking the anniversary of the 1989 murders of 14 young women at l'École Polytechnique de Montréal.

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Social media targets terror propaganda

TECHNOLOGY

Platforms increasingly a tool for recruitment

Facebook, Microsoft, Twitter and YouTube are joining forces to more quickly identify the worst terrorist propaganda and prevent it from spreading online.

The new program announced Monday would create a database of unique digital "fingerprints" to help automatically identify videos or images the companies could remove.

The move by the technology companies, which is expected to begin in early 2017, aims to assuage government concerns over social media content that is seen as increasingly driving terrorist recruitment and radicalization, while also balancing free-speech issues.

Technical details were being worked out, but Microsoft pioneered similar technology to detect, report and remove child pornography through such a database in 2009.

Social media has increasingly become a tool for recruiting and radicalization by Daesh and others. Its use by terror groups and supporters has added to the threat from so-called lone-wolf attacks and decreased the time from "flash to bang" — or radicalization to violence — with little or no time for law enforcement to follow evidentiary trails before an attack.

Under the new partnership, the companies promised to share among themselves "the most extreme and egregious terrorist images and videos we have removed from our services - content most likely to violate all our respective companies' content policies," according to a joint announcement Monday evening.

THE ASSOCIATED PRESS

MIDDLE EAST

SYRIAN GIRL TWEETING FROM ALEPPO FLEES HER HOME

Young Syrian girl Bana al-Abed, who with the help of her mother had been posting heartrending tweets in English on life in the besieged eastern districts of Aleppo, uses a smart-phone to check her Twitter account in her home in east Aleppo, on Oct. 12, 2016.

The seven-year-old, whose Twitter account gained international attention, has fled her home amid heavy fighting, but she and her family are safe for now, her father said Tuesday. AFP/GETTY IMAGES

GLOBAL DIGEST

CALIFORNIA

Death toll remains 36 in Oakland warehouse fire

As crews searched the Oakland warehouse for more bodies, the founder of the arts collective stood near the gutted building Tuesday morning and said he was "incredibly sorry" and that everything he did was to bring people together.

The death toll remains at 36, with officials saying that no additional bodies were recovered. THE ASSOCIATED PRESS

NORTH DAKOTA

Pipeline protesters weather storm

Some protesters who have been fighting the Dakota Access pipeline retreated to a nearby casino and area shelters overnight as a blizzard blew through, but many remained at a camp in southern North Dakota, according to protest organizers who say they're committed to maintaining the camp through the winter.

The storm brought more than half a foot of snow, wind gusts exceeding 50 mph and temperatures that felt as cold as 15 degrees below zero.

THE ASSOCIATED PRESS

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Call centre workers are people, too

LABOUR ISSUES

Campaign launched to urge protection for employees

Kaoutar Belaaziz says call centre workers face racial slurs. TORSTAR NEWS SERVICE

Kaoutar Belaaziz says she has been told by customers that her name doesn't sound white, and that they want to speak to someone who is white.

"I've been asked if I am in Canada — if I am Canadian," said Belaaziz. In addition, there is sometimes swearing, racial slurs, threats of violence or even sexually explicit comments.

That's why the union representing call centre workers is launching a campaign on Wednesday called Hang Up On Abuse, urging employers and governments to protect workers.

Like others in the service or retail industry where the mantra is "the customer is always right," the Telecommunications Workers Union, now part of United Steelworkers, wants call centre workers to be empowered to cut short calls with abusive or offensive callers.

"I have had co-workers who have been asked what colour panties they are wearing, or the colour of their nail polish," Michelle Dey, who has worked at a call centre for 25 years in Vancouver, said. "My co-worker who is black received a caller who said, 'Thank God, I'm speaking to a white person.'"

Lee Riggs, president of Local 1744 of the United Steelworkers, which represents about 10,000 call centre workers, said this campaign is not focusing on any specific company — but rather hoping to bring change altogether.

TORSTAR NEWS SERVICE

Brace for higher food prices next year

The typical Canadian family will spend up to $420 more on groceries and dining out next year, suggests a new report released Monday.

A study by researchers at Dalhousie University in Halifax estimates food inflation will increase in 2017, driven by a falling loonie and U.S. president-elect Donald Trump's first year in the White House.

Food prices overall are expected to rise between three and five per cent, with meat (especially chicken and pork), vegetables, fish and other seafood among those projected to jump by four to six per cent.

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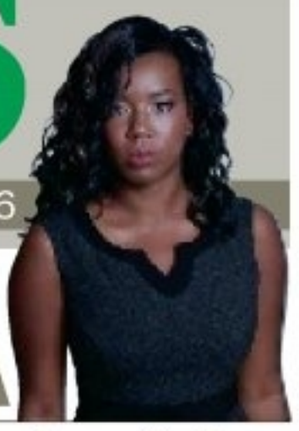

JESSICA ALLEN ON FAKE NEWS IN LIBERAL LAND

I had assumed that 'post-truth' wasn't for people who watch art films and read the Guardian. I was wrong.

Like most liberals, I had assumed that "post-truth" was a phenomenon confined to American conservative news organizations and the dot-org universe of people who still cannot fathom why the third tower fell — something for people who believed that an unscrupulous billionaire could be a champion of the poor. Post-truth wasn't for people who watch art films and read the Guardian.

I was wrong.

On Saturday afternoon, while Simon and I drove home after buying a Christmas tree, I checked Twitter.

"Whoa," I said, "apparently that woman from Last Tango in Paris…"

"Maria Schneider."

"Yes. Apparently Bertolucci and Brando didn't tell her about the butter scene. Wait. People are saying she was actually raped on camera. Was she?"

That scene, in which a stick of butter is used as lubricant before Marlon Brando's character sodomizes Schneider's, was one of many in the controversial 1972 film that led to international protests and a ban in Italy. It also helped earn Academy Award nominations for Bernardo Bertolucci, the director, and Brando, while Schneider, who struggled with the unexpected media attention, battled drug addiction and depression.

The link I clicked on came from Elle. The headline read: "Bertolucci Admits He Conspired to Shoot a Non-Consensual Rape Scene in 'Last Tango in Paris,'" which is just as confusing as the headline from Yahoo UK, whose story Elle aggregated. Yahoo's reportage hinged on a 2013 video, released this November, in which Bertolucci expresses guilt over how he and Brando came up with the scene the morning before shooting. They decided not to tell Schneider, who was 19 years old, "because I wanted her reaction as a girl, not as an actress," he said. "I wanted her to react humiliated."

What Bertolucci actually did was horrible and abusive … so why overstate the case?

TORRID AFFAIR Marlon Brando and Maria Schneider in Last Tango In Paris. UNITED ARTISTS/THE ASSOCIATED PRESS

And she was: "I felt humiliated and, to be honest, I felt a little raped, both by Marlon and by Bertolucci," Schneider herself told the Daily Mail in a 2007 interview. Yahoo referenced this line as well as Schneider's clarification that "even though what Marlon was doing wasn't real, I was crying real tears."

Elle omitted the latter detail, but they did include a content warning at the top of their story ("This article contains disturbing stories of rape and assault.") Hence what happened next: social media mayhem. Those who read Elle's story, or just the headline, concluded that Schneider had actually been raped on camera. Jessica Chastain tweeted, "To all the people that love this film- you're watching a 19yr old get raped by a 48yr old man. The director planned her attack. I feel sick." It's been retweeted 16,000 times. And those who attempted to correct the narrative were labelled rape apologists.

On Sunday, the Guardian published a piece by Melissa Silverstein. "This was rape where she was penetrated by a stick of butter," she wrote. "They actually took a prop and forced it inside her." Silverstein referenced the 2007 Daily Mail interview, having evidently not read it ("what Marlon was doing wasn't real") and then wrote an essay about rape culture in Hollywood whose thesis seems to be: rape is rape, even if it isn't actually rape.

On Monday, after New York-based journalist Mark Harris tweeted a link to a piece from The Wrap that set the record straight, he noted that Schneider "took pains to explain that it was an acted scene to prevent this exact misinterpretation." Schneider says in the Daily Mail interview that she was told about the scene the morning they shot it; admits that she liked her work in the film; that the best experience was her "encounter with Marlon"; that Bertolucci "is overrated"; and that she now enjoys simple pleasures. "'I like to see friends and go to the market and cook. But I never use butter to cook an more,' she laughs. 'Only olive oil.'"

What Bertolucci actually did was abusive and horrible. More horrible than Dustin Hoffman taunting Meryl Streep about the recent death of her partner John Cazale in order to fire her up before shooting an intense scene in Kramer vs. Kramer. More horrible than Alfred Hitchcock throwing ravens, doves and pigeons for five days at Tippi Hedren during filming of The Birds. So why muddle the facts?

Finally, on Monday, Bertolucci issued a statement: "I would like, for the last time, to clear up a ridiculous misunderstanding." He says "Maria knew everything because she had read the script, where it was all described. The only novelty was the idea of the butter."

Objective facts, those things somberly invoked by the people at the New York Times (who failed to fathom Trump) and the Guardian (who in their smug certainty missed Brexit), have been assailed by a media culture that treats tweets as news and by a public comfortable getting news from Chris Evans, who tweeted that Bertolucci and Brando "should both be in jail." (Does he know that Brando was granted immunity the day he died?)

Some years before Twitter, Yeats wrote: Things fall apart; the centre cannot hold; / mere anarchy is loosed upon the world."

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

In assessing the far right, we need to acknowledge male mental health

While the ideologies of Islamist terrorists groups and white supremacists are worth deconstructing, part of their rise can also be explained by how they prey on loneliness, depression and isolation. In men, especially, our failure to address mental health can have dangerous effects.

Research by Beyond Blue, an Australian mental health organization, found that 25 per cent of men felt they don't have anyone outside of their immediate family to talk to; 41 per cent reported having one or two to talk to.

Jesse Hayman, director men's health promotions at Movember, told me, "If the first time a man is speaking about a mental health situation is with their doctor, then we've done something wrong." Experts find that social connectedness is not something men value. Cultural maxims on what "real men" do (and don't do, e.g., cry) then reinforce male isolation.

Isolated in the three-dimensional world, vulnerable men are finding digital spaces ready to exploit that vulnerability. The new vogue for ultra-right-wing conservatism mixed is the latest evolution of the Internet's "manosphere."' This space comprises oft-overlapping Internet groups like men's-rights activists, pick-up artists, Gamergate's misogynists and Reddit's Red Pill.

After the election of Trump, analyst Siyanda Mohutsiwa tweeted: "If people followed the alt-right groups on Reddit, they would know that young white Americans were told to hide their support of Trump."

The so-called alternative right aren't the only ones to insist followers keep a strict, potentially alienating divide between their public and political lives. As part of its recruiting plan, Daesh — commonly called ISIS — encourages recruits to live parallel lives. Most of the group's recruits are young and male. The group advises converts from the West to keep their new identities quiet lest they be suspected of radicalization.

Both online predators and cults use this method of asking others to be silent in their deceit. Still, this is little comfort for friends and family who suddenly find a man in their life is espousing hateful views.

Extremist groups offer a sense of belonging, community and purpose that belies their regressive and violent philosophies. It's an especially alluring offer for men who suffer silently with mental health issues. And when it comes to male mental health, we have a fuzzy picture. We know, for example, that men commit 80 per cent of suicides but that their reported rates of depression do not correlate.

Predatory groups with violent ideologies are stepping in to fill this gap. With better diagnosis and treatment, we could pre-empt the troubling and isolating behaviours that, as we're seeing, precede violent behaviours.

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Poland's top court upholds refusal to detain and extradite filmmaker Roman Polanski to the U.S.

Dispelling myths about protein

HEALTH

We can only metabolize so much per meal: dietician

Genna Buck
Metro

In the diet battles of the past few years, fat, sugar and carbohydrates have all taken hits to their reputations. Only protein came out looking like a champion.

Protein is hailed in fitness magazines and websites for its ability to help you stay lean, feel full and build muscle.

And that's all true. But the benefits don't continue going up the more protein you eat, says Ottawa dietician Helene Charlebois.

Despite what body builders and fad dieters knocking back protein-loaded shakes might tell you, "The newest research, from the University of Texas, shows we can't metabolize more than about 20 or 30 grams of protein per (meal)," Charlebois said.

And the rest? "Anything you eat in overabundance changes to fat and gets stored."

The marketplace hasn't got the message: According to research firm Euromonitor International, protein bars and powders take up a large and growing share of the "sports nutrition" category. Sales of such products in Canada were forecast by Euromonitor to grow by approximately $53 million to $311 million between 2013 and 2018.

Demand has also spiked for packaged foods with added protein and trendy plant-based proteins like pea and hemp. Euromonitor says. But, "Consumer awareness of recommended intake could pose a long-term threat" to growth.

Translation: People could realize they don't actually need hundreds of grams of protein a day.

According to Health Canada, close to 100 per cent of Canadian adults manage to get the minimum protein they need, which is defined as the recommended dietary allowance of 0.8 grams of protein per kilogram of body weight.

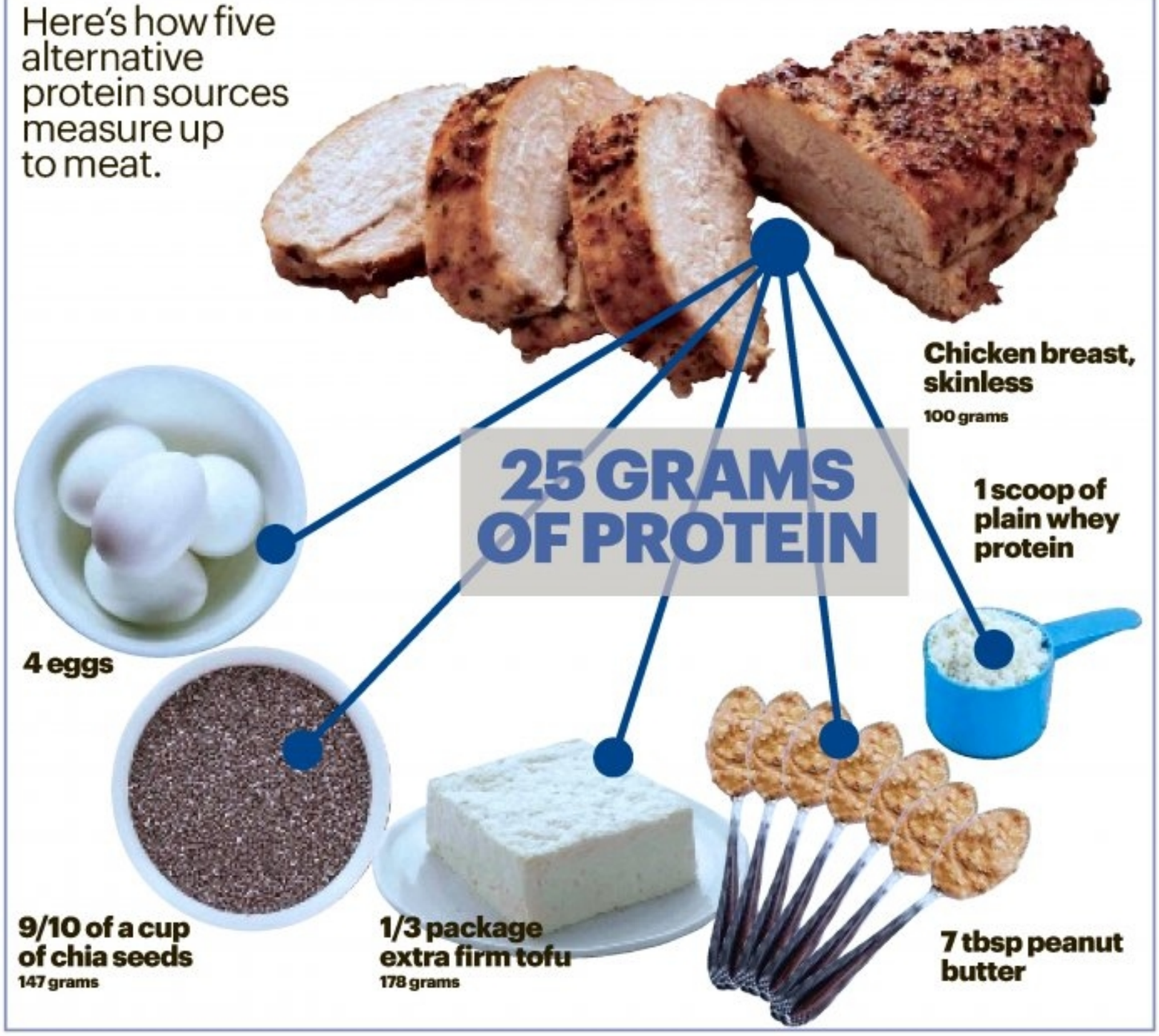
For a 150-pound person, that's at least 54 grams per day; more if you're very active, pregnant or nursing.

Go much beyond that, and all that protein powder is just an expensive drink.

Charlebois has a few tricks for making the most of your protein intake:

- Spread out high-protein foods throughout the day to maximize what you absorb.
- The amino acid leucine, abundant in dairy products, is the best for building muscle.
- Don't try to stick to a low-calorie diet that is high in carbs and low in protein, because it leaves you constantly craving that dopamine hit that comes with a sugar high.
- Never forget the "bridging" snack: 5 to 10 grams of protein in the afternoon. Peanut butter and crackers, or a boiled egg will do the trick, "so you don't rip the fridge door off at supper."

Here's how five alternative protein sources measure up to meat.



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ROSE REISMAN THE SAVVY EATER

THIS WEEK: Country Chicken Sandwich vs. Potato Rosti and Bacon Burger

Even McDonald's has a special burger for the holidays. Beware of "season's cravings."

PICK THIS

McDonald's Country Chicken Sandwich with Grilled Chicken

Calories 400
Fat 14g
Saturated fat 4g
Sodium 980mg

SKIP THIS

McDonald's Potato Rosti and Bacon Burger

Calories 790
Fat 49g
Saturated fat 15g
Sodium 1130mg

HERE'S WHY

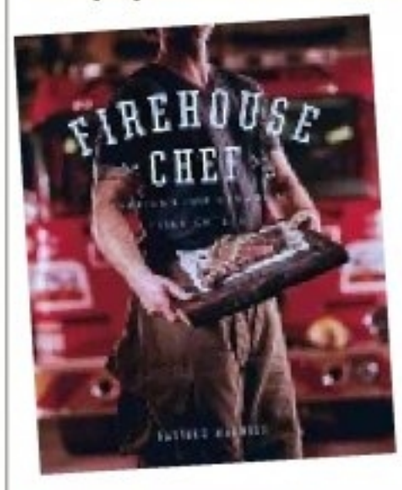
Equivalent in fat to five Egg and Cheese English Muffin breakfast sandwiches from Tim Hortons.

The festive season means "special" items at your favourite fast food spots. This year McDonald's has introduced a Potato Rosti and Bacon Burger, which has added processed cheese, bacon and Parmesan cheese sauce, not to mention the fact that it tops a burger with a fried potato patty! Try instead the Country Chicken Sandwich with Grilled Chicken as an alternative that won't have you making those same old New Year's resolutions!

BOOK EXCERPT

Firefighters turn up the heat

This spicy noodle dish is best served with a cold beer. SUPPLIED



Canadian firefighter **Patrick Mathieu** is a passionate foodie who cultivated his love for cooking in the Waterloo, Ont. firehouse where he is stationed. Mathieu is sharing his own experiences with **Firehouse Chef: Recipes From Canada's Firefighters**.

Armed with more than 16 years of culinary experience, Mathieu turns up the heat with 140 plus sizzling recipes including delicious simple starters, gourmet desserts and healthy mains.

If you love fried noodles then give this Bangkok street food a try. The 'Drunken' part could refer to the sake used in the sauce, but I think it actually refers to the likelihood of consuming a few cold beers while eating to tame the space!

Thai Drunken Noodles
Serves 4

Ingredients:
- 14 oz (400 g) pkg pad Thai noodles
- 2 Tbsp (30 ml) peanut oil
- 3 large cloves of garlic, minced
- 3 Thai bird's eye chilies, finely chopped, seeds included (that's the hot part!)
- 2 eggs, beaten
- 4 boneless chicken thighs (about 1/4 lb/125 g each), cut into bite-sized pieces
- 2 shallots, chopped
- 2 green oinions, white green part chopped
- 1 batch Thai Drunken Sauce (recipe follows), divided
- 1 cup (250 ml) Thai basil
- 1/2 cup (125 ml) cherry tomatoes, halved

Thai Drunken Sauce
- 3 Tbsp (45 ml) oyster sauce
- 2 Tbsp (30 ml) mushroom soy sauce
- 2 Tbsp (30 ml) dark soy sauce
- 2 tsp sugar
- 1/2 cup (125 ml) sake (rice wine)

To make Thai Drunken Sauce: Put all the ingredients into a small bowl and mix together.

Directions:

1. Pour boiling water over noodles in a large bowl and set aside for 5 minutes (or as per packet instructions), then drain when ready. Make sure to rinse noodles under cold water.

2. Heat the oil in a wok or large pan over high heat. Add garlic or chilies and cook for 10 seconds until fragrant. Add the eggs and cook, stirring constantly until just set. Add the chicken and fry until browned and cooked partially through, about 4 minutes.

3. Add the shallots, green oinions and about 1 Tbsp (15 ml) Thai Drunken Sauce and stir-fry for 30 seconds, just to coat the chicken. Add the noodles and the rest of the sauce and cook for a couple of minutes until the sauce has coated the noodles completely and they start to brown.

4. Remove from heat and add the basil and tomatoes, stirring until they are mixed in well. Serve immediately with a cold Thai beer.

LIQUID ASSETS PETER ROCKWELL

We are not drinking merlot for the sequel

If fans of 2004's wine-themed movie Sideways could have one Christmas wish it would have to be that someone would final bring Vertical, the sequel to the novel that inspired the film, to theatres.

Apparently Sideways' director, Alexander Payne, isn't interested, so Vertical's author, Rex Pickett, has just re-issued an edited version of the book (now subtitled Passion and Pinot on the Oregon Wine Trail) in what I assume is an attempt to garner interest from elsewhere in Hollywood.

I read it when it was first released in 2011, and while Miles and Jack are up to some of their old tricks, things get dark, and a lot less wine inspired, halfway through. Wine lovers on your holiday shopping list will relish it, especially if it comes wrapped with a bottle of Oregon Pinot Noir.

The 2013 Erath Pinot Noir ($24.95-$29.99) is a bright, balanced take on the famously fickle grape variety. Layered with cherry fruit and subtle spice it makes a perfect mate with turkey.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peanut butter cookies with Nutella

HOLIDAY BAKING

Satisfy any sweet tooth with this easy recipe

Karon Liu
Torstar News Service

There's nothing wrong with the easy three-ingredient cookie recipe on the Kraft label, but how about we step it up by creating a gooey Nutella filling? Adapted from Handle The Heat blog, these large cookies will satisfy any sweet tooth.

Nutella-stuffed Peanut Butter Cookies
Make about 20 cookies

Cookie tip: When making cookies with surprise centres (be it Nutella or jam), chill the filling beforehand so it doesn't ooze into the dough and make a mess.

Ingredients:
- 1-379 g jar of Nutella
- 1 cup (250 mL) room temperature unsalted butter
- 1 cup (250 mL) granulated sugar
- 1 cup (250 mL) packed brown sugar
- 1 cup (250 mL) creamy peanut butter
- 2 large eggs
- 2 tsp (10 mL) vanilla extract
- 1 tsp (5 mL) baking powder
- 2 tsp (10 mL) hot water
- 1/2 tsp (2 mL) salt
- 3 cups (750 mL) all-purpose flour

Directions:
1. Place jar of Nutella in freezer.

2. In a stand mixer with a paddle attachment on medium speed, cream butter, sugars and peanut butter until smooth and fluffy. Add eggs and vanilla. Continue to mix until smooth and fluffy.

3. In a small bowl, dissolve baking powder in hot water. Add mixture to batter. Add salt. Continue to mix until well-incorporated.

4. Reduce mixing speed to low. Add flour slowly and mix until just combined.

5. Scoop 2 tablespoon-sized dough balls on a lined baking sheet. Cover loosely with plastic wrap and refrigerate for 30 minutes.

6. Prepare two baking sheets lined with parchment paper or silicone baking mats.

7. Remove dough from fridge and flatten to about 1-cm thickness with back of flat spatula.

8. Remove Nutella from freezer. Scoop 1 teaspoon of chilled Nutella and place in centre of a flattened dough ball. Form dough around Nutella, creating a ball and sealing Nutella in centre. Flatten again with back of spatula to about 1-cm thickness. Using back of fork. Repeat with remaining dough.

9. Transfer cookies to baking sheet. Bake at 350F (175C) for 20 to 25 minutes or until the edges begin to turn golden-brown. Remove from oven and let rest for 5 minutes before transferring to wire rack to cool completely.
Store in an airtight container for up to a week for freeze for up to a month.

These Nutella-stuffed peanut butter cookies are sure to satisfy your sweet tooth this holiday season. TORSTAR NEWS SERVICE

ANIMAL HEALTH

Cannabis is going to the dogs

Genna Buck
Metro

Thanks to easy access at the dispensaries popping up on every street corner, city-dwellers across Canada are turning to marijuana to soothe their creaky old bones.

And if it works for you, why not for an elderly or ailing pet?

Tamara Hirsh, owner of Pacifico, stocks Apawthecary brand marijuana-infused dog treats and tinctures at her dispensaries in Toronto and Hamilton, Ont.

She claims there are no side effects.

"You can really take any dose," she said. "We recommend you start low and go slow."

"It works a lot like it does in people," for seizures, pain and arthritis, Hirsh said. "It's instant relief. We can barely keep it on the shelf."

Half a dropper of the tincture contains 120 mg of cannabidiol, or CBD, one of the major active compounds in marijuana. That's roughly the same dose a human using the drug for insomnia or epilepsy would take.

The doggie products don't have THC, the chemical responsible for marijuana's high. CBD is not mind-altering, and some studies have shown it helps ease anxiety, seizures and nausea.

CBD also has fewer side effects than THC, but they're poorly understood. And like most medications, it's toxic in high doses. Animal studies suggest the danger zone is anything above 30 mg of CBD per kilogram of body weight.

WARNING

If you're going on anecdotes and Internet testimonials that marijuana is great for pooches' pain and other complaints, think again. Experts don't recommend it.

But we don't know — and that's the problem, explained Dr. Kathleen Alcock, a veterinarian at the Downtown Animal Hospital in Toronto.

Alcock has a longstanding interest in pain medicine and is looking into how she could be able to dispense medical marijuana to pets. However, the College of Veterinarians of Ontario does not currently allow it.

She was also firm about feeding Fido products from a dispensary: Don't do it.

"This is not a do-no-harm thing," she said. "It certainly shouldn't be sold over the counter."

Alcock said she sees about one case of marijuana poisoning per month. Cats and dogs are "exquisitely sensitive" to cannabis, and she said they get twitchy and "sedated to the point of respiratory failure" after getting into their human's stash. Even one cookie or one joint can cause serious problems.

It's not clear what chemical – CBD, THC, or something else – is causing these effects, Alcock added: "The answer is, we don't know. The studies haven't been done."

PHOTO ILLUSTRATION BY ANDRES PLANA/METRO

Study finds parents were enthusiastic about technology's role in their kids' lives but wary of risks. HANDOUT

Parents binge on media: survey

DISCONNECT

'Astounding' volume of tech being used, expert says

Parents spend more than nine hours a day with TVs, computers and other screen devices while also giving themselves high marks as role models for their children's media use, according to a survey released Tuesday.

Among all those surveyed — nearly 1,800 parents in the U.S. — daily screen time averaged nine hours and 22 minutes, with the bulk of that, seven hours and 43 minutes, categorized as personal screen media and the other roughly 90 minutes spent on work screens.

The study also found they were enthusiastic about technology's role in their kids' lives but wary of the risks it may hold, including loss of sleep and online oversharing. Researchers from the non-profit Common Sense Media group and Northwestern University's Center on Media and Human Development conducted the project.

Two-thirds of those surveyed, 67 per cent, said monitoring their children's devices and social media accounts is more important than allowing them privacy.

78%

Per cent of parents that believe they are good media ad technology role models for their children.
THE ASSOCIATED PRESS

It was the gap between how much adults use media and what that might mean for their offspring that was particularly striking to James P. Steyer, founder and CEO of Common Sense Media , which helps families and educators assess and use media and technology effectively. The group's first-ever deep dive on parents' tech habits mirrors its ongoing analysis of those of children and teenagers.

"I found the numbers astounding, the sheer volume of technology used by parents," Steyer said. "There's really a big disconnect between their own behaviour and their self-perception, as well as their perception of their kids."

"Yet 78 per cent of all parents believe they are good media and technology role models for their children," according to a survey summary.

The range of activities includes TV or other video viewing; video gaming; social networking or website browsing, and any other task on a computer, smartphone or tablet. Media consumed with a child or another family member along with solo use is included in the personal screen tally, according to Common Sense Media. THE ASSOCIATED PRESS

MUSIC BRIEF

Lady Gaga calls PTSD struggle one of her 'deepest secrets'

Lady Gaga has revealed that she suffers from post-traumatic stress disorder stemming from her rape at the age of 19.

The 30-year-old singer made the announcement in an interview broadcast on NBC's Today show on Monday. Gaga was shown in a segment visiting a centre for homeless LGBTQ youth in New York. She told a group that she has a mental illness that she struggles with every day and uses meditation to cope.

Gaga's appearance was part of a campaign to inspire kindness. She says the kindness that's been shown to her by doctors, family and friends has saved her life.

Gaga later said on Twitter that in telling her story, she shared one of her "deepest secrets" with the world.
THE ASSOCIATED PRESS

Grammy Awards love Beyoncé's Lemonade

MUSIC

Drake leads among Canadians with eight nods

Beyoncé received nine Grammy nominations for her 2016 album Lemonade. THE ASSOCIATED PRESS

The Grammy Awards are sipping all of Beyoncé's lemonade.

The pop star leads the 2017 Grammys with nine nominations, including bids for album of the year with Lemonade, and song and record of the year with Formation. The singer, who already has 20 Grammys and is the most nominated woman in Grammy history with 62 nods over the course of her career, is also the first artist to earn nominations in the pop, rock, R&B and rap categories in the same year.

Behind Beyoncé are Drake, Rihanna and Kanye West, who scored eight nominations each.

Toronto-based rapper Drake came away with the most nominations of all Canadian artists, getting eight in total, including one for best rap album for Views.

Like Beyoncé, Adele is also nominated for album, record and song of the year. For album of the year, Lemonade and 25 — which has sold 10 million copies in a year — will compete against

Drake. THE ASSOCIATED PRESS

Drake's multi-hit Views, Justin Bieber's redemption album Purpose and surprise nominee A Sailor's Guide to Earth, the third album from respected and rebellious country singer Sturgill Simpson.

Beyoncé's Formation and Adele's Hello are up against Rihanna and Drake's Work, Twenty One Pilots' Stressed Out and Lukas Graham's 7 Years for record of the year. 7 Years is also up for song of the year — a songwriter's award — battling Bieber's Love Yourself, co-written with Ed Sheeran, Mike Posner's I Took a Pill In Ibiza, as well as Beyoncé and Adele's songs.

Beyoncé's nine nominations include best rock performance (Don't Hurt Yourself with Jack White), pop solo performance (Hold Up), rap/sung performance (Freedom with Kendrick Lamar) and urban contemporary album (Lemonade).

THE ASSOCIATES PRESS / THE CANADIAN PRESS

GRAMMY FACTS AMY SCHUMER GETS NOD

Beyoncé vs. Adele

The Grammys are basically the battle of Beyoncé and Adele: In four of her five nominations, Adele will go toe-to-toe with Queen Bey. Beyoncé set a record for earning nominations in the rock, pop, R&B and rap categories in the same year for Lemonade. Only two other acts have earned nominations in those same four categories — Paul McCartney and Janet Jackson — but never in the same year.

Long live the dead

David Bowie died in January but near the one-year anniversary of his death, he could win Grammy gold. Blackstar, his final album, earned four nominations. Joey Feek, of the duo Joey + Rory, also died of cancer this year. The group is nominated for best gospel roots album for Hymns.

Schumer gets Grammy love

The comedian-actress is nominated for best spoken word album and comedy album. Her competition in those categories includes Carol Burnett, Patton Oswalt, Margaret Cho, Tig Notaro, David Cross, Elvis Costello and Patti Smith.

Diplo vs. Diplo

Diplo, who produced on both Bieber and Beyoncé's album, will battle himself for album of the year. He already has two Grammys under his belt.

Bruno Mars

Bruno Mars just released a new album — too late for the 2017 nominations — so he'll likely dominate the 2018 Grammys. But thanks to co-producing All I Ask for Adele, he's nominated for album of the year (it appears on her bestseller 25). OneRepublic's frontman also produced a track on 25, earning him a nomination.

Jemal Thompson, a youth ambassador with the Children's Aid Foundation. CONTRIBUTED

Supporting our at-risk youth

For thousands of former foster kids across Canada, the holidays can stir up feelings of loneliness and isolation.

Having transitioned out of the child welfare system at ages 18 or 19, many of these youth have little to no contact with their birth families and are left alone, struggling to move beyond past traumas, such as abuse and neglect, triggered by the holiday season.

"The holidays can be a really lonely time," says Jemal Thompson, a former youth in care and current ambassador with the Children's Aid Foundation. Although inclusive programs, like the Children's Aid Foundation's Holiday Season Celebration, exist for youth in care and their foster families, opportunities for young people to bond with others they can relate to once they leave care are very limited.

"It's difficult for youth who haven't been able to form any close relationships," says Jemal. "I've lost friends and family members to suicide throughout the month of December. A lot of people get so caught up in their own traditions that they don't focus on people who need their support."

By supporting the Children's Aid Foundation's Hope for the Holidays program, you can ensure youth like Jemal feel cared for during this festive season.

Your support will help to spread warmth in a variety of ways throughout the city, including a holiday drop-in that offers youth from care support and companionship on Dec. 24 and 25 and travel assistance to visit loved ones so they don't have to spend the holidays alone.

Your gift will also support local youth throughout the year and allow them to reach their greatest potential. To donate or learn more, visit cafdn.org/hope2016 or call (416) 923-0924.

SPONSORED CONTENT —— HOLLYWOOD SUITE

CONTRIBUTED

You don't know Jack!

Why Jack Nicholson will live forever

Few actors have ignited every decade of their career with re-invention and award-winning performances like Jack Nicholson. From his humble beginning in Roger Corman movies in the '60s to his 12 Oscar nominations across five decades, Nicholson has always found a new way to connect with audiences.

Although he started his career as a writer in the 1960s, Nicholson's big acting break came at the end of the decade when Dennis Hopper brought him on as a last-minute replacement for Rip Torn in 1969's Easy Rider. After his electric performance netted him a Best Supporting Actor Oscar nomination, there was no turning back.

In the 1970s, Nicholson crafted some of the decade's most iconic roles. Five Easy Pieces, The Last Detail and Chinatown were instant cinema classics, but it was his work in 1976's One Flew Over the Cuckoo's Nest that finally won him a Best Actor Oscar. The role packed an extra punch as Nicholson, an icon of '60s rebellion, was torn apart by the repressive forces of the '70s.

Though Nicholson started the '80s displaying his terrifying intensity in movies like The Shining and The Postman Always Rings Twice, it was his lighter side that connected as he entered middle age. The levity he added to Terms of Endearment earned him his second Oscar, and he continued to channel his manic comedic energy into roles throughout the decade in films like The Witches of Eastwick, Broadcast News and Batman.

By the '90s, Nicholson was a master of his craft, switching from intense roles like Col. Nathan Jessup in A Few Good Men to his Oscar-winning comedic performance of the wounded Melvin Udall in As Good As It Gets. Nicholson continued to prove his versatility in the 2000s, getting laughs in Something's Gotta Give, while still terrifying audiences in Martin Scorsese's The Departed.

Rediscover Jack Nicholson's biggest hits and critically acclaimed performances. The Hollywood Suite free preview is on now until Jan. 5! Enjoy the best movies of the '70s, '80s, '90s and 2000s uncut and commercial-free on four HDTV channels and On Demand, available on most TV providers.

Catch a Jack Nicholson double bill of The Witches of Eastwick and The Postman Always Rings Twice tonight on Hollywood Suite, and tune in during the free preview for more Nicholson classics including Five Easy Pieces (1970), The Shining (1980), A Few Good Men (1993) and Something's Gotta Give (2003). Learn more at hollywoodsuite.ca/freepreview.

HOLLYWOODSUITE

70s movies 80s movies 90s movies 00s movies ON DEMAND GO

Can't stop the beat with Hairspray Live telecast

EQUALITY

Musical boasts strong themes 'that can be really healing'

From left, Maddie Baillio as Tracy Turnblad, Jennifer Hudson as Motormouth Maybelle, Harvey Fierstein as Edna Turnblad during a rehearsal for Hairspray Live!, airing tonight. HANDOUT

In the steadily escalating battle of the TV musicals, NBC's Hairspray Live! is the most ambitious contender yet.

It's got a deep bench of stars, including Kristin Chenoweth, Jennifer Hudson, Ariana Grande and Martin Short. It boasts strong themes of racial equality, tolerance and self-acceptance. And it has the outsized, joyful talents of Harvey Fierstein as writer and actor, reprising his Tony Award-winning role as Edna Turnblad.

Executive producer Neil Meron also counts the TV musical's timing as a bonus, calling it impeccable despite its 1960s setting and roots in John Waters' 1988 film and, more directly, in the 2002-09 Broadway musical with Fierstein.

"People already were excited about it, but after the election they were saying, 'Boy, do we need this now,'" Meron said recently on a Universal Studios set as the cast rehearsed I Can Hear the Bells for tonight's telecast (8-11 p.m. EST).

With the country in a "divisive place," he said, viewers are eager for entertainment "that can be really healing."

Hairspray Live! is set in 1962 Baltimore, where The Corny Collins Show is TV's hot dance program and the focus of teen Tracy Turnblad's dreams. When she's chosen to perform and gains instant celebrity, the plus-sized dynamo uses it to fight the show's whites-only rule.

Tracy is played by Maddie Baillio, 20, of League City, Texas, a college student plucked from more than 1,300 hopefuls in an open-casting call for her first professional role. Short plays husband to Fierstein's supportive wife and mother.

The cast includes Derek Hough as Collins; Grande as Tracy's pal Penny; Hudson as record-store owner Motormouth Maybelle; Ephraim Sykes as her son, Seaweed; Chenoweth and Dove Cameron as mean mom-daughter duo Velma and Amber Von Tussle, and Garrett Clayton as Link, Tracy's squeeze. Two former Hairspray Tracys, Ricki Lake (the movie) and Marissa Jaret Winokur (the play), are set for cameo appearances.

Among the catchy songs sure to rattle around in viewers' brains for days: Good Morning Baltimore and You Can't Stop the Beat.

The production is big (55 cast members, 600 costumes, 18 sets) and sprawling, designed to shift between the confines of two Universal Studios soundstages and a variety of backlot locations. It's also got an element of risk, following other recent musicals that aired live to ramp up the excitement factor (and keep viewers tuning into broadcast networks and commercials).

The TV musical competition is both intra- and intermural: The bar for Hairspray Live! was set at varying heights by NBC's Sound of Music, Peter Pan and The Wiz broadcasts. The Wiz aired live in 2015, as did this year's Grease on competitor Fox, and Hairspray plucked its pair of directors, Kenny Leon and Alex Rudzinski, from those respective telecasts. Jerry Mitchell, who choreographed the Broadway musical, also is aboard.

The Hairspray producers have "certainly upped the ante," said Hough. "The people who are part of this, including some who worked on Grease as well, they want to try to top themselves."

Exactly, said Meron, who is producing Hairspray Live! with Craig Zadan. The partners also produced the 2007 movie version of the stage musical, with Nikki Blonsky as Tracy and John Travolta as Edna. THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

The appeal of royal lavishness

THE SHOW: The Crown, S1, E5 (Netflix)
THE MOMENT: The Ballet Scene

Claire Foy and Matt Smith as Queen Elizabeth and Prince Philip in The Crown. HANDOUT

In their elegant rooms, Queen Elizabeth (Claire Foy) and Prince Philip (Matt Smith) are dressing for a formal evening out. She asks him to be chairman of her coronation committee. "I want to make a public declaration of my trust in you," she says.

He's reluctant; he doesn't want to appear unmanly. "There's no need to matronize me," he replies.

The conversation continues in a limousine. "What would it entail?" Philip asks.

"You'd inspire everyone," Elizabeth says. "Lead them."

The limo pulls up at a theatre. Throngs crowd the limo, taking photos.

Inside the theatre, a full audience in luxe evening attire watches a ballerina dance on stage. Philip and Elizabeth converse in their box. "Total control or nothing at all," he says. "Those are my terms."

"All right," Elizabeth responds. "But don't go mad."

Talk about going mad! This moment, a domestic power negotiation, could have played out over, I don't know, a breakfast table. Instead, it's split into three scenes, each more fabulously expensive than the last.

It's one thing to spring for a crowd of extras in overcoats to surround a limo. But to dress an entire audience in finery, and have a tutu-clad ballerina performing on stage — as backdrop for two lines of dialog? It's pure lavishness. But it's not a waste, because it serves a function: Whether we're consciously aware of it or not, it adds to our understanding of the luxurious lives of the leads.

You wonder why TV is so great these days? Here's your answer: Money.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

metro WHEELS
Your essential daily news

Audi's Lunar Quattro Rover to explore the moon next year

The quintessential crossover

REVIEW

CR-V brings all the necessary ingredients

Dan Ilika
AutoGuide.com

As far as crossovers go, it doesn't get much more quintessential than the Honda CR-V.

It hit the market all the way back in 1997, long before the term "crossover" was even in vogue, and has quietly dominated ever since.

With a new version hitting the market for 2017, it now comes powered by a turbocharged engine in what could be the CR-V's biggest change since Honda scrapped the tailgate-mounted spare tire.

The vast majority of new CR-Vs set to hit dealers will be powered by a turbocharged 1.5-litre. Borrowed from the Civic, the four-cylinder receives a few minor tweaks before serving under the hood of Honda's popular CUV, including a revised turbine and a slightly lower compression ratio.

The benefits of turbocharging a crossover like the CR-V aren't necessarily going to show up on paper, or even at the pumps. Both available engines make a similar amount of power while fuel economy improves only marginally with the 1.5-litre under the hood. Instead, it's how the pair of four-cylinders deliver power, and when they deliver it, that is markedly different.

The only transmission offered in the CR-V is of the continuously variable automatic nature. Fundamentally the same as the CVT offered in the Civic, it does well at tricking both driver and passenger into believing it's a traditionally geared automatic thanks to its simulated shift points and almost impenetrable noise insulation that keeps its whining from creeping into the cabin.

Setting out on an indirect trek from Monterey, Calif., to San Francisco in a Touring model with all-wheel drive, it was on the highway that the new CR-V showcased its improved drive the most, and not just for its impressive adaptive cruise control.

While a little rigid and truck-like, the fourth-generation CR-V offers a tremendously smooth ride aided by its new suspension that features struts up front and a multi-link setup around back, and fluid-filled bushings at all four corners. Combined with improved cabin quietness, the only complaint on the highway is rooted in a lane departure warning system that can be somewhat erratic, recognizing patched cracks in the asphalt as lane markings and sending a pulse through the steering wheel.

Off the highway, the CR-V's car-like steering system proved a worthy companion. Weighted a little heavily, or at least heavier than the last CR-V, the setup is very nimble and easy.

This new fourth-generation model brings all the necessary ingredients — turbocharged engine, spacious interior and attractive design — that are sure to keep the CR-V among the segment leaders for years to come.

THE CHECKLIST | 2017 HONDA CR-V

THE BASICS

Engine: 2.4L four-cylinder; 1.5L turbo four-cylinder
Power: 184 hp, 180 lb-ft; 190 hp, 179 lb-ft
Transmission: Continuously-variable auto
Fuel Economy (L/100 km): 9.4 city, 7.6 hwy; 8.7 city, 7.1 hwy (4WD)
Price: Starts at $26,500 (est.)

LOVE IT

- Roomy rear seats
- Generous cargo capacity
- Available safety features

LEAVE IT

- Erratic lane departure warning
- 2.4-litre base engine

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Range Rover gets glamour shots

RACE CARS

Ferrari 488 Challenge revealed

Ferrari has introduced its newest 488 Challenge race car and it looks incredible. Although full details on it won't be announced until later this weekend, the Italian automaker did show off a photo on its Twitter account as well as display it in the flesh at the Finali Mondiali event at Daytona International Speedway in Florida.

JASON SIU/AUTOGUIDE.COM

UPDATES

Android Auto responds to 'OK Google'

A recent update to Android Auto has the software recognizing the "OK Google" voice command. On Android phones and with the feature enabled, users can typically say, "OK Google" like Apple users would say, "Hey Siri" to initiate a voice search or a command, so it's a but puzzling as to why it wasn't available before.

JASON SIU/AUTOGUIDE.COM

RANGE ROVER

'Ultimate Vista' series launches with gallery

Range Rover has released a gallery of photos that show its biggest, baddest off-roader in stunning natural landscapes. The British brand teamed with photographer Jonas Bendiksen for these shots, which are the first in a series called 'Ultimate Vistas.' Each set of photos will feature the Range Rover in "extraordinary landscape photographs," so stay tuned for more great photography. This inaugural set of photos was shot in the Norway, going from the streets of Oslo to the northwest Dovre Mountains and the vast fjords of Geiranger. Future locations for the photo series include the U.S. and China.

STEPHEN ELMER/AUTOGUIDE.COM

VIDEO GAMES

Latest Gran Turismo looks stunning

The next entry in the Gran Turismo series looks breathtaking. Originally scheduled to be released last month, Gran Turismo Sport is heading to the PlayStation 4 sometime next year. To whet your appetite, Sony released a new trailer during its PlayStation Experience 2016 event in Anaheim, California, and it shows off Polyphony's next racing game in stunning 4K resolution. The latest trailer confirms that the game will support 4K resolution on the PlayStation 4 Pro and it will also take advantage of high dynamic range (HDR) on both the standard PlayStation 4 and PlayStation 4 Pro. JASON SIU/AUTOGUIDE.COM

IN BRIEF

Dodge offering last, last chance to buy a Viper

The Viper is dead, but there will be still be one more chance to get a new one. Dodge already announced the final run of 206 Vipers sold out in less than a week, but now, a Dodge spokesperson told Motor Authority that the order books will open one more time before the end of 2016. It seems that Dodge was concerned with how many cars it could build, so it limited the first wave of orders. The first "final" run of Vipers sold out in less than a week.

STEPHEN ELMER/AUTOGUIDE.COM

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SL model shown*

SR model shown*

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A small car that packs a huge tech punch

FORD

Fiesta gets 15 new driver assistance features

Jason Siu
AutoGuide.com

The next-generation Ford Fiesta has been unveiled and the little hatch will arrive in the North America as a 2018 model year car.

Introduced at a special event in Cologne, Germany, the all-new Ford Fiesta will be available in four variants in Europe: Upscale Vignale, sporty ST-Line, stylish Titanium and Active crossover. Like the new Chevrolet Spark Activ, the Fiesta Active features a high-riding body with crossover styling cues.

Along with a stylish redesign that gives the Fiesta a more mature look, the American automaker focused heavily on the interior and high-tech features.

It continues to be built on Ford's Global B platform, allowing the American automaker to save money on research and development.

It is also the first Ford model to deliver a premium B&O PLAY Sound System, accompanied by a SYNC 3 communications and entertainment system presented on an eight-inch floating high-definition touchscreen.

According to Ford, 20 buttons have been removed from the dash thanks to the new system.

Advanced safety features include a new anti-collision system that detects objects more than 130 metres in front of the car, and if the driver doesn't react in time, it will automatically brake to prevent an accident.

It's just one of 15 new driver assistance features on the Fiesta, including Active Park Assist, Blind Spot Information, Cross Traffic Alert and Lane Keeping Assist.

In Europe, there will be a range of turbocharged and naturally aspirated three-cylinder gasoline engines available, as well as a new TDCi model that is the most powerful diesel Fiesta ever.

It will also feature the 1.0-litre EcoBoost, which is the world's first three-cylinder engine to feature cylinder deactivation.

Expect to hear details on the North American version of the Ford Fiesta closer to its launch in 2018.

ON THE INSIDE

Interiors
Ford uses soft-touch materials to replace the current rubbery-finished components, while a panoramic glass roof has been added.

Ford has focused on the interior and high-tech features for the 2018 Fiesta. HANDOUT

WHEELS BRIEFS

BMW M6 Art Car is out

The BMW Art Car by John Baldessari has been released, showing the latest in a long line of BMWs offered up to artists.

The custom BMW M6 GTLM race car will be on public display until the closing of Art Basel in Miami Beach, before it proves itself on the racetrack at the Rolex 24 at Daytona on January 28-29, 2017. As the 19th BMW Art Car, the German automaker turned to Baldessari, who is known as the legend of an entire L.A. art scene.

Baldessari drew on his famous artistic trademarks for the creation and admitted that moving from two- to three-dimensional art was a challenge he did enjoy.

JASON SIU/ AUTOGUIDE.COM

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Wise customers read the fine print: Ω, †, ◊, ^, ➤, ■, ††, ×, ≈, § The Big Cash Holiday Sales Event offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating retailers on or after December 1, 2016. Offers subject to change and may be extended or changed without notice. All pricing includes freight ($1,795), air-conditioning charge (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. ΩUp to $1,000 Holiday Bonus Cash is available on select new 2016/2017 Chrysler, Jeep, Dodge, Ram or Fiat models at participating dealers from December 1, 2016 to January 3, 2017, inclusive. 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Upgrades available for additional cost. ^Based on the latest available competitive information and WardsAuto Middle Cross Utility segmentation. Excludes other vehicles designed and manufactured by FCA US LLC. Based on availability of I-4 and V6 powertrains, front-wheel drive and all-wheel drive, 5 and 7 passenger seating, second-row removable in-floor storage bins, integrated child booster seats, front-passenger in-seat storage and forward fold-flat front passenger seat. ΩBased on 2014 WardsAuto Middle Cross Utility segmentation. *Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. **The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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DODGE CARAVAN KIDS

So you want to buy a used e-car

TIPS

This list will help you avoid buying a lemon

Justin Pritchard
Autoguide.com

Imagine how the auto industry was decades ago.

Automatic transmissions. Fuel injection. Remote door locks. Variable Valve Timing (VVT). These then-revolutionary technologies, after some years, have now become so commonplace that they're no longer given much second thought. But back then, folks probably wondered: would these newfangled gizmos last for the long haul?

Today, as automotive technology advances at ever-increasing rates, shopper skepticism is often leveled at the latest breed of voltage-powered vehicles — whether partially battery-powered like a hybrid or plug-in hybrid, or a fully battery-powered EV.

If you're considering buying a used hybrid or EV, you'll want to consider this list of pre-purchase checks and tips, below.

Owners across numerous brands have reported issues with electronic charge-door release latches. You'll want to make sure that that's working properly if you're buying a used hybrid or electric vehicle. ISTOCK

Software updates

You'll want to make sure the vehicle you're considering has had all applicable software updates installed, by ensuring all service records are up to date, and that the model you're considering has only ever been serviced at its dealer, where software updates are often applied as part of routine inspections or maintenance work.

Check the charging gear

It's easy to overlook, but our research into used EV's and plug-in hybrids has yielded the following advice: check the charge cord, and any associated implements carefully, for signs of damage and excessive wear.

Note that a damaged charge cord can be a safety hazard, or even start a fire, and that even a small rip or tear in the cord's rubber insulation can quickly become a big one. Further, as owners across numerous brands and models have reported issues with electronic charge-door release latches, you'll want to make sure that that's working properly, too.

Check the standard battery

In hybrid cars, the big battery gets all the attention, since it forms the core of the hybrid drive system. But many hybrids have a conventional 12-volt battery and charging system, too, like most other cars, and it may need some attention.

Check the hybrid or EV battery

Depending on the model in question, a dealer technician with special hybrid training and diagnostic equipment may be able to perform a test on the hybrid or EV battery, to ascertain its overall health, and to reveal any problems. Some automakers can perform this sort of test, others can't.

Get it Scanned

In mere minutes, a technician can open a window deep into the inner workings of your potential hybrid or EV's array of complex electronic systems. Using a special tool or scanner to pull up information on various components, and to run various tests, your potential used green-car candidate can be validated for trouble-free operation of its electronics network, potentially revealing issues you, or even the seller, isn't aware of.

IT'S STILL A CAR

Hybrid and EV cars are very different from regular cars, but they're also very similar.

They have brakes, suspensions, climate control systems, tires, transmissions and even engines and fluids, in some cases, that require attention and maintenance.

As such, when focusing on pre-purchase checks and inspections, be sure to have a mechanic check the entire vehicle, and all of its systems, and not just those relating to the hybrid or EV system.

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Things to know about the new Audi Q5

2018 MODELS

Latest edition looks same, comes with all-wheel drive

Dan Ilika
AutoGuide.com

Eight years is an awfully long time for a vehicle to sit on the market largely unchanged, let alone in a segment as competitive as the premium midsize crossover.

Yet doing so hasn't seemed to hamper the Audi Q5, with the brand selling more than 1.8 million units since it launched in 2008. With the list of strong entries growing at a rapid pace, Audi is ready to cement itself at the top of the pile with a new version of the Q5 that builds on what its predecessor did well with a few key additions. And with the market launch of the 2018 Q5 just around the corner, here's what you need to know.

While the new Q5 looks very similar older models, the addition of a touch of aluminum to its frame helped it shed 50 kilograms in North American models. AUDI

It looks the same

Yes, the 2018 Q5 is all-new, with virtually every body panel swapped out, but you wouldn't know by looking at it. The grille appears to have been transplanted from the new — and larger — Audi Q7 introduced last year, and a few design cues have been added to modernize the overall aesthetic, but don't expect wholesale changes. This Q5's look has been refined rather than redesigned, adhering to the if-it-ain't-broke mantra. Such is life in the land of Quattro and incremental change.

It has also grown, however slightly, compared to the first-generation Q5, but a sprinkling of aluminum to go with its steel structure has helped Audi's midsize crossover shed as much as 50 kilograms in North American models, while some global models drop almost 90 kg.

The added dimensions will jump out at few, if any, onlookers, but they do translate to expanded interior space.

Behind the tailgate, cargo volume now sits at 610 litres, which is slightly more than the outgoing version, though the 2018 Q5's 1,550 L of space with the rear seats folded is down marginally.

Passengers in the back also benefit from a little more legroom.

We won't get air suspension

The omission of air suspension is a major disappointment — and one that was compounded by the fact that all of our testers in Mexico were fitted with the cushy setup.

It builds on the adaptive dampers, which will be available in North America, to provide an impressive array of settings tailored equally to comfort and performance. Air suspension will, however, make it to market here by way of the pending Audi SQ5.

The system uses separate air springs and shocks around back and integrated units up front, and positions the crossover 23 millimeters lower than the standard steel suspension setup, with a few other heights to choose from.

We will get Quattro Ultra

While the lack of air suspension is a downer, the 2018 Q5 will get Audi's so-called Quattro Ultra all-wheel-drive system. First introduced earlier this year, Quattro Ultra isn't just front-biased, but rather operates in front-wheel drive by default.

POWERED BY

Don't count on diesel

Audi has acknowledged that there's still an appetite in North America for its diesel engines, but the emissions scandal has scuttled almost all diesel dreams on this side of the Atlantic. Which, after driving both four- and six-cylinder diesel versions of the 2018 Q5, is a shame.

Still packs punch

No matter, though, because North American Q5s get power from the same 2.0-litre engine found in the current A4. As solid an engine as any, the turbocharged four-cylinder makes 252 horsepower and 273 lb-ft of torque.

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metro SPORTS

Jose Mourinho's agent says the Manchester United manager paid more than 26 million euros in taxes when he lived in Spain from 2010-13

Reaching goals with the Reds

CHAMPIONS LEAGUE BARÇA FINISH GROUP STAGE WITH WIN Barcelona's Lionel Messi dribbles through the Borussia Moenchengladbach defence on Tuesday at Camp Nou. Barcelona matched the 20-goal Champions League group stage scoring record with a 4-0 win. Messi scored his 10th of the group stage but fell short of equaling Cristiano Ronaldo's 11-goal mark in the first phase of the tournament and Arda Turan notched a hat trick for the Catalans. ALEX GRIMM/BONGARTS/GETTY IMAGES

MID-SEASON ACQUISITION

Cooper has quickly found groove in short time with TFC

Before Toronto FC took an interest in signing Armando Cooper, the Panamanian midfielder knew little about the Reds.

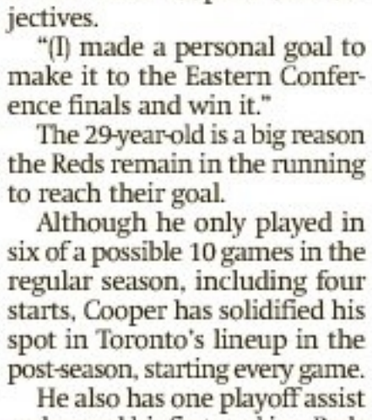
Most of the information he had gathered came from when his team in Panama, Club Deportivo Arabe Unido, faced Toronto in the CONCACAF Champions League in 2010.

Neither squad advanced through the group stage that year, although TFC did finish ahead of Arabe Unido in the round robin, besting them by five points.

The run in the tournament was a highlight in Toronto FC's decade-long existence, a rare on-field bright spot for the club; it missed out on advancing by just two points.

But by the time Cooper joined the Reds on loan from his second stint at Arabe Unido in late August, Toronto FC had begun to turn things around.

"From the moment (I) got here there was expectations to make the playoffs and then, from there, take it one step at a time," the midfielder said through a translator Tuesday, four days ahead of the MLS Cup final against the Seattle Sounders.



Armando Cooper and Jozy Altidore. THE ASSOCIATED PRESS

That belief was very much in line with Cooper's own objectives.

"(I) made a personal goal to make it to the Eastern Conference finals and win it."

The 29-year-old is a big reason the Reds remain in the running to reach their goal.

Although he only played in six of a possible 10 games in the regular season, including four starts, Cooper has solidified his spot in Toronto's lineup in the post-season, starting every game.

He also has one playoff assist and scored his first goal in a Reds uniform during the second leg of the Eastern Conference final against Montreal Impact.

Cooper has an attacking flair that has served the likes of strikers Sebastian Giovinco and Jozy Altidore well. He credits his varied career — Cooper has played in Panama, Argentina, Romania, Germany, and internationally for Panama — with helping him to adapt to TFC quickly.

And he appreciates that while Vanney expects him to play a defensive role, he's allowed freedom to attack and find space.

Cooper hopes to impose himself in that role against Seattle, another team he doesn't know much about. The Reds only played the Sounders once this season, long before the midfielder came to town, so Cooper's knowledge comes from video and head coach Greg Vanney's shared insight.

He's OK with that.

"(I'm) the type of player who likes to experience things first hand, on the field."

TORSTAR NEWS SERVICE

"Yes our group is, in my opinion, overlooked.

Head coach Greg Vanney thinks more Reds should have made it onto Major League Soccer's Best XI squad.

IN BRIEF

Red Sox reload with Sale

No surprise that Chris Sale got traded. The real shocker? That the Boston Red Sox swooped in to snag him.

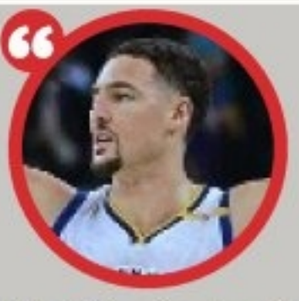
The Red Sox pulled off the biggest deal yet at the winter meetings, acquiring the dominant ace from the Chicago White Sox on Tuesday for a hefty package of four prospects.

Boston also locked down its set-up man, acquiring Tyler Thornburg from Milwaukee in a package that included infielder Travis Shaw. THE ASSOCIATED PRESS

Former Heisman winner's body found in a park

Heisman Trophy winner Rashaan Salaam was found dead Monday night in a Boulder park less than two miles from Folsom Field, where he carved his name into the University of Colorado record books as one of the greatest players in the program's history.

The Boulder County coroner's office was still investigating the cause of the death of the 42-year-old, who won the Heisman in 1994. THE ASSOCIATED PRESS



"60 in 29 minutes is not too bad.

Klay Thompson thought he could have scored 80 with more time but settled for 60 in the Warriors' blowout win over Indiana Monday night.

Thanks, but no tanks

NHL

2017 entry draft lacks can't-miss superstars

No one is talking tank this season in the NHL.

Why? There's no reason.

As good as 18-year-old centre Nolan Patrick of the Brandon Wheat Kings may be one day, he's no Connor McDavid or Jack Eichel or Auston Matthews or Patrik Laine.

Patrick, currently injured, is the consensus top pick of a 2017 draft class that is OK but not great. Nothing to get too excited about. No reason to race to the bottom, as teams like Buffalo, Edmonton and Toronto have done the past two seasons.

"I just don't think there's a home run at the top of the draft," said Mark Seidel, chief scout for North American Independent Central Scouting Service. "Nolan Patrick is a good player. He would have gone third or fourth last year. He's not Eichel, he's not McDavid, he's not Matthews.

"He's not a guy that teams could completely tank for and say: 'OK, we've got a superstar that we can build our team around for a long time.'"

The Colorado Avalanche are the cellar dwellers, on pace for about 65 points, four fewer than Toronto amassed last year for 30th overall. But unlike the Leafs of last year, the Avs are not throwing in the towel just yet.

> **There's not much difference between picking second and picking sixth.**
> Scout Mark Seidel on the 2017 draft class

Team president Joe Sakic recently expressed faith in his core to get them back into the playoff race.

They're not far off in a season of parity:

- Six of the eight non-playoff teams in the East are within four points of a wild-card, and the furthest back is only six points out.
- Four of the six non-playoff teams in the West are within four points of a wild-card.

Calling for the tank now would be a tough call. Given it's a lottery for the top pick, it's a lot to ask your fans to live with the losing and potentially not draft first overall.

The issue this year is the rest of the top of the field after Patrick is kind of a "pick 'em." A second candidate has not emerged. In recent years — McDavid-Eichel in 2015, Matthews-Laine in 2016 — offered 1-2 franchise-player punch that gave the have-nots another reason to dive.

TORSTAR NEWS SERVICE

Nolan Patrick of the Brandon Wheat Kings stands as the consensus top pick of the 2017 draft class. ROB WALLATOR/CHL IMAGES

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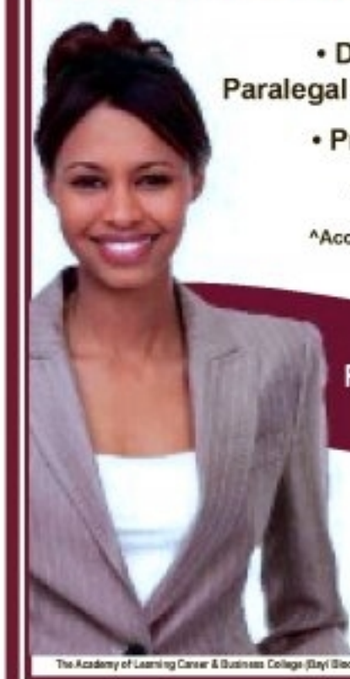

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MAKE IT TONIGHT

Savoury Salmon Cakes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

In the run up to the holidays, it feels good to add some lighter dinners to your roster (we all know what's coming!). These lean yet satisfying salmon cakes fit the bill perfectly.

Ready in 1 hour 10 minutes
Prep time: 50 minutes
Cook time: 20 minutes
Serving: 6

Ingredients
- 2 large Yukon Gold potatoes, peeled and chopped
- 2 tbsp vegetable oil
- 1 leek, washed well, sliced in half and thinly sliced
- 2 5 oz tins salmon, drained
- 2 tbsp fresh dill, chopped fine
- 1/4 cup mayonnaise

Directions

1. Simmer potatoes until tender in boiling water. Drain and mash. It will make about 2 cups of mashed potatoes. Allow them to cool slightly.

2. Gently combine salmon, potatoes, leeks and dill. Blend in mayonnaise and a pinch of salt and pepper.

3. Form into about 12 patties - about 2 1/2 inches across and maybe 1/2 inch thick and place on a plate. Cover and refrigerate for at least an hour.

4. Heat some vegetable oil until hot but not smoking. Fry the cakes — don't over crowd the pan, you'll have a hard time flipping them — for about five minutes a side.

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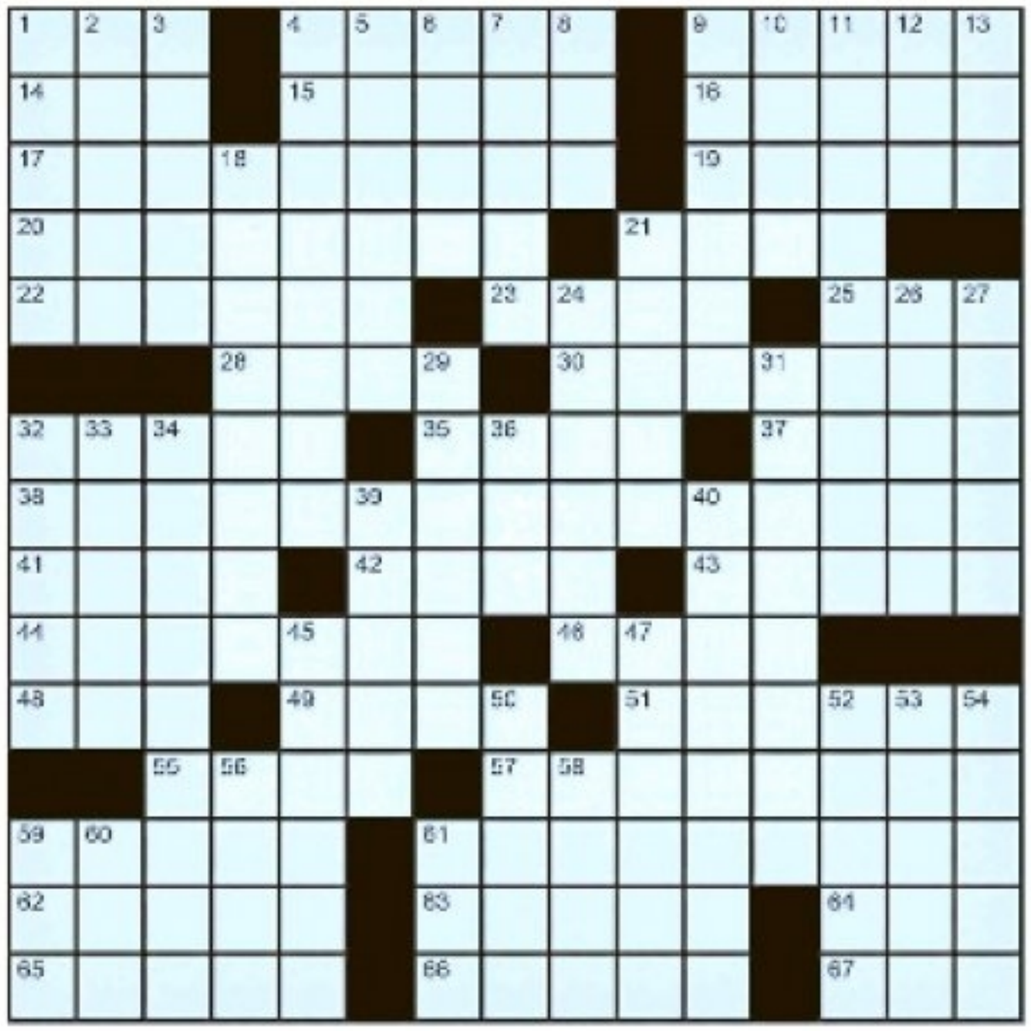
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Famous British mysteries writer (b.1890 - d.1976) ...her initials-sharers
4. Fern 'seed'
9. The _ Land (T.S. Eliot poem)
14. _-Jongg
15. Reserved, as a restaurant table
16. Be of service
17. Teaching
19. Yearned
20. One of the chosen
21. "_ Me Kate" (1953)
22. Position
23. Hold off
25. Ship signal
28. Pet fish's home
30. Three-pronged spear
32. Make it on Billboard
35. 1949-created intl. alliance
37. Famed designer of Art Deco
38. CRTC = Canadian _-_ and Telecommunications Commission
41. Antiquities
42. Richard Burton war movie, "The Desert _" (1953)
43. Drums partners in marching bands
44. Cafe in Joni Mitchell's "Carey"
46. Plucked guitar string sound
48. Lid's protectee
49. Piquancy
51. Becomes keyed up
55. Gulf War missile
57. Isn't dignified, is this
59. Dancer in Madonna's "Vogue"
61. Finishes up a client's hair at the salon: 2 wds.
62. Bless with oil, quaintly
63. Take _ _ at (Attempt)
64. Purchaser's li'l slip
65. Survives
66. The Congo's former name
67. Scottish songstress Ms. Tunstall, et al.

DOWN
1. Makes _ _ (Is untidy)
2. Future soldier
3. Legendary NFL coach Don
4. Quick-and-clipped, as in music
5. "Eight Is Enough" star, Dick Van _
6. "_ from Muskogee" by Merle Haggard
7. Freshen
8. High School subj.
9. Elk
10. Notice: French
11. Helvetica's style as a typeface
12. Catch up, in sports
13. Long ago
18. Moderatism
21. Russian ballet company
24. Certify
26. The way ballerinas dance: 2 wds.
27. British WWII submachine guns
29. Works the bread dough
31. Member of the Order of Canada... Simon Chang's occupation
32. Dare Maple Leaf _ Cookies
33. "The Sixth Sense" (1999) star, _ Joel Osment
34. Mailing destinations
36. Carol of fashion covers
39. Sampled
40. Just in case a situation calls for it: 3 wds.
45. Blue tones
47. Pacifism shmacifism ...put up your dukes!: 2 wds.
50. _, Oklahoma
52. Insincere smile
53. President-_ Donald J. Trump
54. Methods, for short
56. Human of Hibernia
58. Posh way to exclaim "That wasn't my fault!": 2 wds.
59. Chum
60. "Diva _ _ Dime"
61. Australian director Mr. Luhrmann

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Don't worry if you feel uncertain or indecisive about things today. That's just the way things are. In fact, a lot of people feel this way today.

Taurus April 21 - May 21
You might be confused by a friend today. Or this confusion could relate to your dealings with a group, club or association. Obviously, don't volunteer for anything.

Gemini May 22 - June 21
Dealings with parents, bosses and VIPs are uncertain today. If you're not sure what's happening, do nothing. Don't volunteer; don't agree to anything important.

Cancer June 22 - July 23
This is a good day to break free from your usual routine. You will appreciate the arts and crafts of other cultures today, however, avoid major purchases. Just shop with your eyes.

Leo July 24 - Aug. 23
This is a poor day to make important financial decisions, especially regarding inheritances and shared property. Wait until tomorrow to do this.

Virgo Aug. 24 - Sept. 23
Be co-operative with others today, because the Moon is opposite your sign. However, postpone important discussions until tomorrow. Just coast today and keep things light.

Libra Sept. 24 - Oct. 23
Your work routine will be interrupted with silly mistakes and delays today. It's hard to really get going and become productive. Don't be tough on yourself, because everyone feels this way today.

Scorpio Oct. 24 - Nov. 22
This is a wonderful, creative day for you! If you work in the arts or the entertainment world, you will be productive. Enjoy social activities and playful times with children.

Sagittarius Nov. 23 - Dec. 21
Today you might want to hide at home and keep a low profile. During family discussions, do not agree to anything important. Sleep on it.

Capricorn Dec. 22 - Jan. 20
Short trips and conversations with everyone will please you today. This is a good day to fill your databank, but postpone making important discussions until tomorrow.

Aquarius Jan. 21 - Feb. 19
Guard your finances today. Do not shop for anything other than gas or food. This is a loosey-goosey day that is poor for making financial decisions.

Pisces
Feb. 20 - March 20
Today the Moon is in your sign, which makes you more emotional. However, you also feel a bit aimless and without direction. This feeling will be gone by tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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